



De-stressing stress



Participants practice visualization techniques during the Stress Management Seminar for central office employees.

A rgh! That is one thing you want to do when stress from home and stress from work come crashing down on you. In some circumstances, it pushes you to put your best foot forward. But when it becomes commonplace and it engulfs your day, you better be ready for its undeniably damaging effects.

Just in time, the Department of the Interior and Local Government (DILG) thru its Human Resource Management Division – Administrative Service (HRMD-AS) organized a Stress Management Seminar-Workshop for the central office employees.

What is stress?

It is a mind-body reaction or response to a situation whether to flight from or fight the situation. Stress occurs when the pressure is greater than the resource ($S = P > R$).

Stress happens when..

- ..a situation/ condition is not acceptable to us.
- ..we want to do or get something but unable to.
- ..ego is hurt.
- ..lose something which we feel as important.

Negative effects of stress

- anxiety or depressive disorder
- heart disease and stroke
- overweight and underweight
- sleep difficulty
- concentration and memory
- pain



Stress Management Strategies

- Avoid unnecessary stress
- Alter the situation
- Adapt to the stressor
- Accept the things you can't change
- Make time for fun and relaxation
- Adapt a healthy lifestyle



Employees are encouraged to explore some basic stress management techniques like breathing exercises, muscle relaxation (face, neck, shoulders, chest, arms, legs, wrists and hands) and visualization of a relaxing imagery which can be done on-the-spot in the middle of a stressful situation to set the mood and avoid physical distress.

Alongside Stress Management, seminars on "Organizational Awareness and Sensitivity Training for Newly Hired Employees", "Project Management", "Supervisory Training on Effective Feedback", "Teamwork" and "Conflict Management" were also conducted simultaneously for other DILG CO personnel.

The said series of seminars is in the line with the Department's program on strengthening its human resource capacity thru the development of a 3-year Strategic Plan under the assistance of the Philippines Australia Human Resource and Organisational Development Facility (PAHRODF).

Abraham Lincoln once said, "Most folks are about as happy as they make up their minds to be." So whenever stress is approaching, just breathe in and breathe out. Do not let it seize your day. Instead, let positivity lead the way and everything will be fine.

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